



Photo by Airman Jason Burton

## Hail to the Chiefs

Whiteman had seven selectees promoted to Chief Master Sergeant Wednesday for a 31 percent selection rate. The Air Force selected 566 of 2,688 eligible senior master sergeants, a 21.06 percent selection rate. Whiteman's chief selectees are: Senior Master Sgts. William Fowler, 509th Aircraft Maintenance Squadron, Jim Findley, 509th Security Forces Squadron, Alphonse Godbout and Steven Gardner, 509th Maintenance Squadron, 509th MXS, Christopher Goodall, 509th Maintenance Group, Richard Harken, 509th Maintenance Operations Squadron, and Charles Canoy, 509th Munitions Squadron.

# A day for 'wingmen'

## 509th BW takes time off to focus on Airmen's wellness

By Airman Jason Burton  
Public Affairs

Whiteman members participated in the first "Wingman Day" Monday.

This all-day event was part of the Air Force's service-wide effort to address the mental, physical and spiritual health of Airmen. It was also designed to help counteract the Air Force's rising suicide numbers compared to previous years.

"The goal of Wingman Day was to focus our attention on taking care of each other," said Chaplain (Lt. Col.) Ron Underwood, 509th Bomb Wing chaplain.

The Air Force is high tech and it needs to be high touch — meaning Airmen need to have a personal touch and personal caring for each other, Chaplain Underwood said.

The day's events started with a commander's call at the S-6 facility, where Col. Chris Miller, 509th BW commander, addressed wing members about the importance of Wingman Day.

Whiteman members participated in warm-ups and a unit run on the flight line after the commander's call.

After the run, several presentations were held throughout the day covering, physical, mental and spiritual fitness.

Chaplain (Maj.) Shane Gaster, 509th BW, and Airman 1st Class Shannon Malenky, 509th Medical Support Squadron, held a suicide prevention briefing at the base theater.

To be a good wingman, Airmen have to know how to stay close with each other, but not so close as to jeopardize a working relationship or friendship, Chaplain Gaster, said.

Wing members also participated in squadron activities including bowling, golf and walleyball.

"The Air Force recognizes that our people are our most



Photo by Senior Airman Joe Lacdan

**Col. Chris Miller, 509th Bomb Wing commander, speaks to wing members before the unit run on the flight line Monday. Whiteman participated in its first "Wingman Day." For more Wingman Day photos see Pages 16-17.**

important weapons system," Colonel Miller said. "We spend days maintaining our equipment, so it only makes sense to dedicate a day to our own well-being. This isn't about just one day however — it's about a way of life. We are each other's wingmen, and need to look out for our teammates and our families."

## News in Brief

### Flu vaccine limited to high risk patients

The 509th Medical Group has the influenza vaccine available for high-risk active duty members and dependents. This restriction is due to the nationwide shortage of the flu vaccine. The restriction allows the vaccine to be used for patients who are at a higher risk of contracting the flu virus. Patients who fall under the high risk category are:

- ✓ an Air Expeditionary Force deployer with orders to report before Dec. 1.
- ✓ a child between 6 months to 23 months old
- ✓ an adult 65 and older
- ✓ a patient 2-65 years old with a chronic disease
- ✓ daycare providers who make household contacts with infants less than 6 months old.

Patients in the high risk category who wish to receive the flu vaccination can come to the 509th MedGp vaccinations clinic 7:30 a.m.-4 p.m. weekdays. For more details, call the immunizations clinic at 687-4304.

### WESC hosts craft show

The Whiteman Enlisted Spouses' Club, along with Knob Noster High School's Project Graduation, hosts the annual fall craft show 9 a.m.-4 p.m. Saturday at the KNHS gym. Booth space is still available for \$25. For more details, call Jennifer Phillips at 563-4091 or e-mail her at wescnews@charter.net.

### SFS holds training session Wednesday

The 509th Bomb Wing will conduct a training exercise Wednesday morning involving force-on-force combat. Base members should not be alarmed by the sound of explosions and gunfire, which are part of the exercise. Additionally, drivers may be directed to detour around the exercise area.

### Gas pumps temporarily closed

The gas pumps at the shoppette are unavailable. Contractors switched the fuel from the underground to aboveground tanks at the shoppette. During this time, the gas islands will be closed; however, the store will remain open. There will be ongoing construction around the islands throughout November. Shoppette officials urge customers to use caution when driving in the area.

### Airmen authorized to wear medals

**AIR FORCE PERSONNEL CENTER** — Air Force officials said Airmen are allowed to wear eligible decorations authorized even if they're not currently reflected in the military personnel data system.

The affected decorations include the Korean Defense Service Medal, Gallant Unit Citation/Meritorious Unit Award, Global War on Terrorism Expeditionary Medal, and wear of the "V" device on the Distinguished Flying Cross for heroism.

But officials stress Airmen must ensure they meet the proper criteria before wearing any new decoration. Eligibility requirements can be found at <http://www.afpc.randolph.af.mil/awards/Recently%20approved%20awards.htm>.

For more details, call the military personnel flight at 687-1930 or the Air Force Personnel Contact Center at 800-616-3775.

## Inside

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# AF Chief of staff and SECAF deliver special Veterans Day message

*The following is a Veterans Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:*

WASHINGTON (AFPN) — "Each year, America honors its veterans for the sacrifices and hard-fought successes of so many of its citizens — those who have worn the uniform as Soldiers, Sailors, Airmen, Coast Guardsmen and Marines.

"The original Armistice Day recognized the cease-fire signed by Germany and the Allied powers on November 11, 1918. This concluded the hostilities of World War I, known as the 'War to end all wars.' Over two million service members of the American Expeditionary Force fought bravely on and over the battlefields of Europe.

"Today, our expeditionary Air Force continues the fight in defense of freedom around the world against a resilient enemy who opposes our way of life.

"Since those challenging days at the dawn of the 20th Century to the awakening hours of the 21st Century, we have witnessed major wars and countless conflicts. One constant has remained: the commitment of those who served and continue to serve our nation in forever challenging times — our veterans. We honor their memory for what they have done to keep America and the world safe.

"To our Airmen who continue the fight against those who have made America their target, we salute you. We thank you and your families for your constant vigil and your continuing sacrifices. May God bless you and the United States of America."

“

**"To our Airmen ... we salute you. We thank you and your families for your constant vigil and your continuing sacrifices. motivated as our Air Force is today."**

”

# Cut our losses — turn to your Air Force family

By Capt. William Eigel

509th Maintenance Operations Squadron

Today, stress and emotional strain on Air Force members top the list of concern for senior Air Force leaders - and with good reason. In 2003, 57 Airmen took their own lives in meaningless tragedies. Accidental death rates peaked 36 percent above levels from the past four years. More Airmen lost their lives to suicide than to combat engagement. Clearly, the problem of stress is not going away without the concerted effort of Airmen across the service.

The first step to preventing these senseless losses is to recognize that the Air Force is a family. That's not just a slogan — individual members share a responsibility for one another. The realization that the faces of Airmen represent more than just manpower and 8-hour punch cards is what separates the Air Force life from the average job.

There are no misconceptions that the Air Force life is easy. In fact, the dues are paid in long hours, extended deployments, and sometimes in the form of Christmas cards from family members far away. This year alone, 30,000 Air Force members will get that long distance Christmas card — 7,000 of them in a combat zone.

But the negatives don't carry the day in the Air Force family. For many members, the Air Force represents the transition from teenage years to adulthood. The Air Force is where many completed their first pushup, ironed their first uniform, and for the first time raised a hand to swear support for something greater than personal security. The victories Air Force members achieve individually are celebrated and shared throughout the Air Force community; when the Airman next door wins, so does everyone else.

Once Airmen recognize the importance of this community, the next step in preventing senseless deaths and accidents is simple; Airmen at all levels must make every attempt to look out for their neighbor. Commanders, supervisors, Airmen - it doesn't matter: everyone has a responsibility to ensure the well-being of their peers and subordinates.

At work, remember that the mission isn't accomplished by a single person. Regardless of office, cubicle or hangar, the job being done is critical to producing combat sorties. Coincidentally that job — wherever it may be — is hardly



Photo by Senior Airman Joe Lacdan

**Capt. William Eigel speaks to Tech. Sgt. Billy Jack Roberts, Staff Sgt. Jamie Griswald and Master Sgt. Wanda Seward about the importance of the Air Force family. They are 509th Maintenance Operations Squadron members.**

ever done alone. Take an interest in making sure Airmen do their job correctly and safely. A small amount of attention can prevent the largest and most fatal of accidents.

At home, the stresses of the Air Force life can sometimes have a negative impact on personal lives. Supervisors and peers can show compassion and alleviate the impact at home for others without appearing to meddle in personal issues. No one should eat a holiday meal alone in the Air Force family. No one should lose leave at the end of a fiscal year in the Air Force family. Get involved before tragedies occur at home — the cost of inaction is just too high.

Correspondence arrives every day from senior Air Force leaders emphasizing the importance of looking out for one

another. Repeated statistics about lost manhours and reduced combat effectiveness that result from accidents and suicides illustrate the cost of not doing so. But sometimes the message gets across from a different perspective.

In 2003, a 3-year old boy was that perspective. His father, an Airman at Davis-Monthan Air Force Base, Ariz., had died in a car accident just outside of town. The little boy summed up the importance of why we cannot let these tragedies occur in just four words: "Daddy, I miss you."

There has not been a challenge yet that the Air Force could not defeat. In the case of suicides and accidents, victory is as close as the person next door. Recognize and promote the Air Force family. It's not a choice — it's a way of life.

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**The deadline for article submissions to the *Whiteman Spirit* is noon Friday. If a holiday falls on Friday, the deadline then becomes 4 p.m. Thursday. Articles will be published on a space-available basis. Submission doesn't guarantee publication.**

For more information, call the *Whiteman Spirit* office at 687-6133, fax us at 687-7948, e-mail: whiteman.spirit@whiteman.AF.mil or write to us at:

509th BW/PA, 509 Spirit Blvd. Ste. 111  
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# Wing's quarterly award winners announced

By 1st Lt. Ed Gulick and 2nd Lt. Mary Olsen

Public Affairs

The 509th Bomb Wing honored the third quarter award winners during a luncheon at Mission's End Nov. 2. The winners are:

## Company Grade Officer

Capt. Robert Custer, 509th Munitions Squadron, is the Company Grade Officer of the Quarter.

As the munitions operations officer, Captain Custer maintained and delivered more than 400 weapons for 279 sorties and a total of 881 flying hours. He was chosen as the wing leader for the nuclear weapons council visit that included 60 distinguished visitors and 18 general officers. His efforts were applauded by the council when they called it the "smoothest nuclear weapons council visit ever!"

In Nuclear operational readiness inspection preparation, he ensured generation of nine out of 11 B-2 sorties in fewer than 36 hours.

Captain Custer completed Squadron Officer School by correspondence and also attended Air Combat Command Combat Maintenance Officer Course, where he gained a greater understanding of aircraft scheduling and operations.

Off duty, he volunteered to umpire games for the Special Olympics softball tournament. He also taught bible lessons at vacation bible school for his church.



## Senior NCO

Master Sgt. Matthew Eubanks, 509th Maintenance Operations Squadron, is the Senior NCO of the Quarter.

The maintenance training management chief pushed through a 100-percent turnover rate to ensure mission success, despite 40 percent of force in 5-level upgrade training. He executed more than 1,250 training events with 94 percent efficiency and beat the Air Combat Command goal of 90 percent.

Sergeant Eubanks worked with the 509th Security Forces Squadron to schedule all available slots for members to qualify on small arms. This ensured the Maintenance Group's combat readiness.

Off duty, Sergeant Eubanks is involved with his church and has been elected to the church board. He's also a weekly Sunday school teacher for young adults. Additionally, he has completed two leadership seminars and nine semester hours towards a human resource management degree with a 4.0 grade point average.



## NCO

Tech. Sgt. Scott Armstead, 509th MOS, is the NCO of the Quarter. As a scheduling and documentations specialist for the 509th BW wing plans office, he implemented a maintenance scheduling application tool that reduced maintenance errors by 50-percent and saved over 40-hours per week. He dedicated numerous hours to install the application and to train other maintainers on how to use the system.

Sergeant Armstead worked with the 442nd Fighter Wing in developing maintenance and flying operations instructions.

Outside of work, Sergeant Armstead completed his Associates Degree in Art through State Fair Community College. He also received production management and



munitions systems degrees from the Community College of the Air Force.

In his spare time, he is the den leader and treasurer of the Whiteman Cub Scout Pack 405, a volunteer duty of more than 40 hours a month.

## Airman

Airman 1st Class Kristen Allen, 509th MUNS, is the Airman of the Quarter.

The nuclear weapons team member was hand picked to brief the new wing chief on Whiteman's nuclear mission during an immersion tour of the weapons storage area. Airman Allen identified and repaired 26 rotary launch assemblies sealant separations, thus maintaining a 96 percent RLA-full mission capable rate. This was a rate four percent over the ACC standard.

Airman Allen helped reconfigure and cross load two, \$1.5-million RLA's following an electrical anomaly, which helped ensure the aircraft was mission ready 12 hours ahead of schedule.

This motivated Airman has the highest MUNS career development course average to date. Airman Allen is also working on her CCAF degree and maintains a 4.0 GPA.

Outside of work, she has volunteered with the Adopt a Veteran program and Habitat for Humanity.



## Honor Guard

Senior Airman Anthony Mejia, 509th Aircraft Maintenance Squadron, is the Honor Guardsman of the Quarter.

As an Honor Guard member, Airman Mejia leads by example. He performed 44 funeral details for military veterans and retirees. In a short amount of time he attained the coveted trainer position and began training other Honor Guard team members.

As a weapons load journeyman, he reconfigured the weapons for a B-2 sortie to accommodate three different targeting requirements. The aircraft launched on time, giving theater commanders flex targeting advantage.

Airman Mejia was handpicked by the AMXS commander to represent his flight at the Joint Services Open House at Andrews Air Force Base, Md. He briefed distinguished guests on the B-2's weapon systems capabilities and its role in Operation Iraqi Freedom.

In addition to his contributions on the job, Airman Mejia volunteered at the Missouri Special Olympics and regularly volunteers at the Missouri Veterans Home.



## Volunteer

Deana Barylski, of the base legal office, is the Volunteer of the Quarter.

Mrs. Barylski has volunteered more than 390 hours and has stepped up to the challenge of manning the front desk after the previous secretary departed. Lt. Col. Cheryl Thompson, base legal office chief, said that Mrs. Barylski's "can-do attitude and professional commitment improved customer service." Colonel Thompson said that client wait times have become non-existent.

This volunteer award winner is responsible for determining eligibility of clients for legal assistance and for entering client data into a computer program. Among many other functions, she also assembles and forms teams for will executions and for witnessing legal documents.



Aside from volunteering at the legal office, Mrs. Barylski is a member of the key spouse program for the 509th AMXS, and has helped personnel whose spouses have deployed or are on a remote assignment.

## Laborer/Craftsman Civilian

James Mitchell, 509th Logistics Readiness Squadron, is the Laborer/Craftsman Civilian of the Quarter.

Mr. Mitchell coordinated and loaded more than 20 tons of equipment within three days in support of a deployment exercise to Nellis Air Force Base, Nev. He also hand-built ramps to increase loading time by 50 percent.

Mr. Mitchell led the shipment of mission critical weapons for deployed Navy Mobile Inshore Undersea Warfare Unit 114 personnel. He created Special Packaging Instruction and built crates which arrived three days early.

Through his work area and job safety briefings for freight personnel, Mr. Mitchell instructed methods and procedures to identify potential safety hazards and the proper use of certain tools.

In addition to his on-the-job contributions, Mr. Mitchell spends time helping the community.



## Specialist/Manager Civilian

Billie Dunn, 509th Combat Training Squadron, is the Specialist/Manager Civilian of the Quarter.

Mrs. Dunn prepares trainers for long-duration mission qualification simulator missions, and she coordinated training schedules and evaluated contractor services during a 24-hour simulated combat operation.

To quickly prepare monthly ACC reports, Mrs. Dunn created an automated spreadsheet which increased speed and accuracy of available data. She also created a comprehensive senior leader training system guide which is now on the server.

During a Special Access Program inspection, Mrs. Dunn was recognized as an exceptional performer and the best top secret control officer in the wing.

In her spare time, Mrs. Dunn completed her Masters of Art degrees in management and human resources development, and she voluntarily started Squadron Officer School through correspondence.



## Associate Civilian

Lew Ensor, 509th Civil Engineer Squadron, is the Associate Civilian of the Quarter.

Mr. Ensor fully trained and certified fire fighters to operate and maintain advanced rescue tools utilized at Whiteman. These efforts enabled the fire fighters to meet and exceed the rescue needs of the base and surrounding communities.

In pursuing difficult challenges, Mr. Ensor took on the task of rewriting emergency checklists, which bolstered the organization and decision-making capabilities of on-scene incident commanders.

Mr. Ensor is the primary instructor for CPR, Automated External Defibrillator and First Aid for fire department members. He also performed CPR on scene and through-out the transport of a cardiac arrest patient.

Outside of work, Mr. Ensor contributes to community awareness and preparedness. He's a volunteer for the American Red Cross and he's involved in Whiteman's Firefighter's Association.



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## Avoid trouble if having fun on Pine Street

Airmen from Whiteman have recently been involved in several alcohol-related arrests on Pine Street in Warrensburg. With the holiday season approaching, many Airmen may choose to gather with their friends in this popular area. If you choose to spend time there, you need to know the rules of engagement. Otherwise, the police may be in touch with your first sergeant or commander.

First, if you are not 21 years of age, it's illegal for you to be in possession of alcohol ... even to 'hold it for someone else.' If you are under

19, you are not allowed in businesses that carry a liquor license only. Even if you are not drinking, you can be prosecuted for simply being in these establishments.

Never walk out of a bar or restaurant with an alcoholic beverage in hand, even to go next door. City ordinances prohibit carrying around open containers, and the police are on the lookout for offenders.

If you are of legal age to consume alcohol, make sure you're aware of the effect it is having on you. Most importantly, if you've been drinking,

don't drive. Plan ahead, and have designated drivers. But also be aware of your behavior. Disorderly conduct or refusing to obey the directions of police officers who ask you to leave the area can result in time behind bars, rather than a good time with your friends.

Don't let Pine Street become a dead-end road for a promising Air Force career. Use good judgment, look out for your friends, and enjoy what the local area has to offer.

*(Courtesy of the 509th Bomb Wing Legal Office)*

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# A veterans day message: Gift of 16 million strangers cultivates next generation

By 1st Lt. Jennifer Moore

14th Flying Training Wing

**COLUMBUS AFB, Miss. (AFPN)** — As another holiday approaches and we get ready to take another welcomed day away from work, will you actually pause to consider the meaning behind the observance?

For me, Veterans Day is about recognizing that freedom is a gift bestowed upon my generation half a century ago by 16 million strangers. In fact, from a personal standpoint, the irony is particularly poignant: I’m afforded the luxury of choosing to serve as an Air Force officer primarily because my grandfather’s generation had no choice.

The unadulterated bravery of men like my 83-year-old grandfather, and others of his era, is best captured in his rationale for military service: “Jenny, we served because our country needed us.”

My grandfather’s simple pronouncement is the foundation for every freedom I’ve enjoyed growing up as an American.

And while “greatest generation” biographers often note that most WWII veterans wouldn’t trade their military experience for the world, it is also true that most, including my grandfather, were plucked from civilian life without much warning and charged with safeguarding an uncertain future.

During the WWII Memorial dedication on May 29 in Washington, D.C., President Bush recalled their sacrifice. He noted that an entire generation “gave the best years of their lives to the greatest mission their country ever accepted.” College educations, budding careers, new relationships were all put on hold for a greater purpose.

I, on the other hand, wasn’t blindsided by a duty to serve. In fact, I evaluated a horizon full of options, weighed benefits against sacrifices, and decided to join the military only after sound deliberation. I could have just as easily chosen a career somewhere on the opposite end of the professional spectrum. The simple fact that my grandfather’s generation simultaneously secured both my free will to select a military career, and a stranger’s free will to protest the military, is the quintessential beauty of American freedom.

While my grandfather had no way of knowing that his first-born grandchild would one day follow in his footsteps, his courageousness half a century ago cemented its possibility. When he pinned on my second lieutenant bars two and a half years ago, I realized my debt of gratitude was matched only by his pride and confirmation that my freedom was worth any sacrifice.

Few moments in my fledgling career drive this point home more powerfully than when a stranger stops me while I’m downtown in uniform, and says, “Thank you, young lady, for what you do.”

However, it’s actually not the stranger’s words alone that move me. It’s the fact that in turn, I’m humbled to reflect on my grandfather’s generation and the strangers who secured my freedom without expecting any thanks in return. It’s through their sacrifice that I may elect a profession preserving freedom for generations to come.

## DECA offers scholarships

**FORT LEE, Va.** — The fifth year of Scholarships for Military Children is under way. Administered by Fisher House Foundation, and funded by the manufacturers and industry supporting commissaries, the program has awarded more than \$3 million through nearly 2,000 scholarships to the children of active-duty, guard and reserve members, and military retirees.Applications for the 2005 program are available at commissaries or online at <http://www.militaryscholar.org>. A link to the program will be on <http://www.commissaries.com>, the DeCA Web site.

Eligibility and other information are also available on the Web site. Applications, which must include an essay on how the heightened awareness of terrorism has impacted the student’s life, are due at commissaries Feb. 16, 2005. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.The scholarship program is open to unmarried children under the age of 21 or 23 if enrolled in school of active duty, guard, reserve and retired military members. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure they and their sponsor are enrolled in the DEERS database and have a current ID card.The applicant must be planning to attend, or already attending, an accredited college or university full time in the fall term of 2005, or enrolled in a program of studies designed to transfer directly into a four-year program.

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Photo by Airman Jason Burton

**Senior Airman Amber Euman, Det. 5 29th Training Systems Squadron, signs for a mail pickup at the post office. The Department of Defense urges service membes not to send unsolicited mail, care packages or donations to military members during the holidays.**

## Troops encouraged to support mail policy

**WASHINGTON (AFPN)** — Department of Defense officials recently announced the continued suspension of the “Any Servicemember” mail program. Accordingly, the general public is urged not to send unsolicited mail, care packages or donations to servicemembers during the holiday season.

During this time of the year, the number of donation programs increases and causes mail from families and friends to be mixed with mail from unknown sources resulting in delivery delays.

DOD officials continue to emphasize that names and addresses of military servicemembers must not be distributed by the media, Web sites, companies, nonprofit organizations, schools and individuals for the purpose of collecting letters of support or donations for mailing to servicemembers.

Servicemembers should receive mail only from those friends and family to whom they personally give their address.

Military addresses should not be passed around by family members for use by donation programs. Unknown mailers could then obtain those addresses and mail harmful items to servicemembers.

For these reasons, DOD continues to indefinitely suspend general donation programs from unknown mailers.

Americans who do not have loved ones deployed overseas can still show support during the holidays by other means.

A list of these programs is available at [www.defendamerica.mil](http://www.defendamerica.mil).

To guarantee mail arrives in time for end-of-year holidays, family members are encouraged to view the mailing guidelines at [www.usps.com/cpim/ftp/bulletin/2004/pb22138.pdf](http://www.usps.com/cpim/ftp/bulletin/2004/pb22138.pdf).

### Telephone survey ongoing

To help the 509th Medical Group leadership assess and improve the quality of medical service, an authorized person calling on “behalf of the Office of the AF Surgeon General and the 509th Medical Group” will contact patients one to two days after their appointment.

This is a short six to eight question survey authorized by the Air Force Surgeon General. Calls are made between 5-8 p.m. weekdays, except holidays.

Additionally, callers are not authorized to ask for a social security number. If the caller requests a social security number, hang up.

MedGp officials encourage and appreciate your support of this survey and its efforts to improve medical service quality. For more information, call 687-2010 or 687-5631.

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Photo by Airman Jason Burton

**Airman 1st Class Erin Saxsma, 509th Logistics Readiness Squadron, is Whiteman's only female vehicle mechanic.**

## 509er follows own path



**By Melissa Klinkner**

Public Affairs

Although she followed in the footsteps of her father, grandfather, uncle and friends by joining the military, Airman 1st Class Erin Saxsma, 509th Logistics Readiness Squadron, has paved her own path as one of Whiteman's few female vehicle mechanics.

Since high school, Airman Saxsma knew she wanted to join the Air Force to serve her country and work as a mechanic. She gained experience in the field by taking an auto shop class in high school and fixing different farm equipment while receiving her bachelor of science in agriculture degree.

Airman Saxsma said she loves being a part of the Air Force and LRS, and that her patriotism and core values have definitely been strengthened since joining the military.

Airman Saxsma performs preventative maintenance, vehicle inspections and rebuilds engines. She ensures the vehicles that leave the shop are in working order to maintain the B-2's ability to leave the ground when necessary.

"It's a good feeling to know I'm a part of the mission," she said.

Although she knew there was a potential of facing adversity by choosing her profession, Airman Saxsma never backed down from her goal. "Since I've shown that I really want to be here and I've presented myself that way, I've never had to deal with any discrimination," she said.

Airman Saxsma's upbeat, positive and hard-working attitude enables her to get along well with everyone in her section, said Tech. Sgt. Pederson, 509th LRS.

She's learned many things from the members of the 509th LRS, she said.

"I work in a great shop where everyone works together and is 100 percent ready to

help anyone, no matter their rank," she said. "I've also learned that a good attitude and patience are important."

Airman Saxsma plans to become a chief one day. Without hesitance, her superiors Sergeant Pederson and Master Sgt. Scott James, 509th LRS, agree that's where they'll see her in the future.

As for the near future, Airman Saxsma, along with six other members of LRS, is preparing for a demanding temporary duty assignment to Iraq as a part of convoy operations. Although the assignment will be challenging and has the potential to be very dangerous, Airman Saxsma said she looks forward to the opportunity to see a different part of the world and gain new experiences. Instead of worrying or wondering what could happen, Sergeant Pederson said Airman Saxsma is staying positive.

When not preparing to deploy, working or participating in squadron activities, Airman Saxsma enjoys volunteering and training horses. She's trained horses for five years and said, like her job, every horse is different and most are a challenge.

"It definitely teaches you patience and perseverance," she said. "If something doesn't always work the first time, keep working at it and never give up ... if you just sit back and relax, it's a lot easier to work out problems."

Airman Saxsma volunteers her training skills for the local 4-H club and recently volunteered about 40 hours helping a local family train their horse.

In addition to horse training, Airman Saxsma participates in her squadron's booster club and sports.

Sergeant Pederson summed up Airman Saxsma's qualities in one word – dependable.

"If you ask her to do something, you never have to worry about it getting done," he said.

Sergeant James agreed. "She makes sure that things are done right the first time, whether anybody is looking or not," he said. "She's always willing to help others who need it."

## Spirit spotlights



### Elsie Hertig

509th Medical Operations Squadron

Elsie Hertig, 509th Medical Operations Squadron, received the Whiteman Spirit Award from Col. Chris Miller, 509th BW commander, Nov. 3.

Tech. Sgt. Aaron Powell, 509th MDOS, nominated Mrs. Hertig for the award. Sergeant Powell said Mrs. Hertig takes extra time to care for each patient.

Tara Nelson, 509th MDOS physician assistant said Mrs. Hertig will go even further for patients with special needs. She said Mrs. Hertig will cook for those patients, help clean their houses and grocery shop for those patients.

Mrs. Hertig treats each patient like family, Sergeant Powell said.

“She always provides the highest level of care for our patients” Sergeant Powell said.

Nelson agrees.

“I think (Mrs. Hertig) deserves recognition for going above and beyond expected duties,” Ms. Nelson said. “She makes nursing her life rather than just her job.”

### Personally Speaking

**Duty title:** Nurse.

**Time on station:** 13 years.

**Hometown:** Bay, Arkansas.

**Spouse:** Master Sgt. Steve Hertig, 509th Logistics Readiness Squadron.

**Children:** David, 11.

**Hobbies:** Worship God, spending time with family and running.

**Goals:** To be the best that I can be.

**Best thing about Whiteman:** The hard-working and caring people that I work with.

**Pet Peeves:** Negativity and wastefulness.

**What motivates your winning spirit?** My trust in God.

**If you could change one thing about Whiteman, what would it be?** I'd love it if we had an indoor running track and indoor pool.

# This space is reserved for advertisements



## Spirit Spotlights

... on Senior Airman Vera Camuso for being named the 509th Medical Group's Airman of the Quarter.

... on Tech. Sgt. David Sheets for being named the 509th Med Gp's NCO of the Quarter.

... on Master Sgt. Jeffrey Callaway for being named the 509th Med Gp's Senior NCO of the Quarter.

... on 1st Lt. Michelle Long for being named the 509th Med Gp's Company Grade Officer of the Quarter.



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Photo by 1st Lt. Ed Gulick

## Sergeant Canabal, you're on the air

Master Sgt. Pedro Canabal, 509th Bomb Wing, listens to a question by KOKO radio host Marion "Woody" Woods of KOKO radio Warrensburg Nov. 4 for the "Whiteman Report." KOKO conducts bi-monthly interviews with Whiteman members. Sergeant Canabal, along with Staff Sgt. Kenneethia Kennard, 509th BW, talked about Native American Heritage Month activities at Whiteman. The "Whiteman Report" can be heard at 9:10 a.m. on 1450 AM the first and third Thursdays of the month.



Photo by Senior Airman Joe Lacdan

## Off the charts

First Lt. Beth Robinson, 509th Operations Support Squadron, places the final marker on the Combined Federal Campaign meter as 2nd Lt. Darice Kiefer, 509th Maintenance Squadron, looks on. The 509th Bomb Wing exceeded the wing goal of \$140,000, collecting \$140,419.46. More than 1,800 509ers or 43 percent of the wing donated to the 2004 CFC, with an average donation of \$77.44. The Eagle award was given to 24 Whiteman members for donating \$1,000 or more. Also, 73 wing members made donations between \$360-\$1,000. Wing members who didn't make a donation in time, can still submit their CFC cards to their unit CFC representatives. Donators are reminded that checks may take a few months to clear. The Whiteman CFC committee extends thanks to all who made donations.

## Extra, extra read all about it

The Whiteman Spirit wants to feature you.

Do you, or does someone you know, have a story idea you'd like to see in the paper?

Let our staff know about it.

For more information, call 687-6133 or

e-mail [whiteman.spirit@whiteman.af.mil](mailto:whiteman.spirit@whiteman.af.mil).





# ‘Remembering what’s important’

*509th takes time to address Airmen’s mental, physical and spiritual health*



Photos by Senior Airman Joe Lacdan

509ers run along the flight line to kick off Whiteman’s first “Wingman Day” Monday. Col. Chris Miller spoke to the Airmen about the importance of activities such as unit runs, Wingman Day and suicide prevention. Unit members participated in a stretching session before the run. Members of the 509th Security Forces Squadron helped escort heavy traffic into the S-6 Alert facility area. 509th Services Squadron members provided water and refreshments for the runners.



Above: Staff Sgt. Kennethia Kennard, Airman 1st Class Rene Allende and Staff Sgt. Caleb Shaw enjoy a laugh at the Bowling alley during Wingman Day. Squadron members participated in games of bowling, flag football, golf and Walleyball to boost Airmen morale and physical health. They are 509th Bomb Wing members.

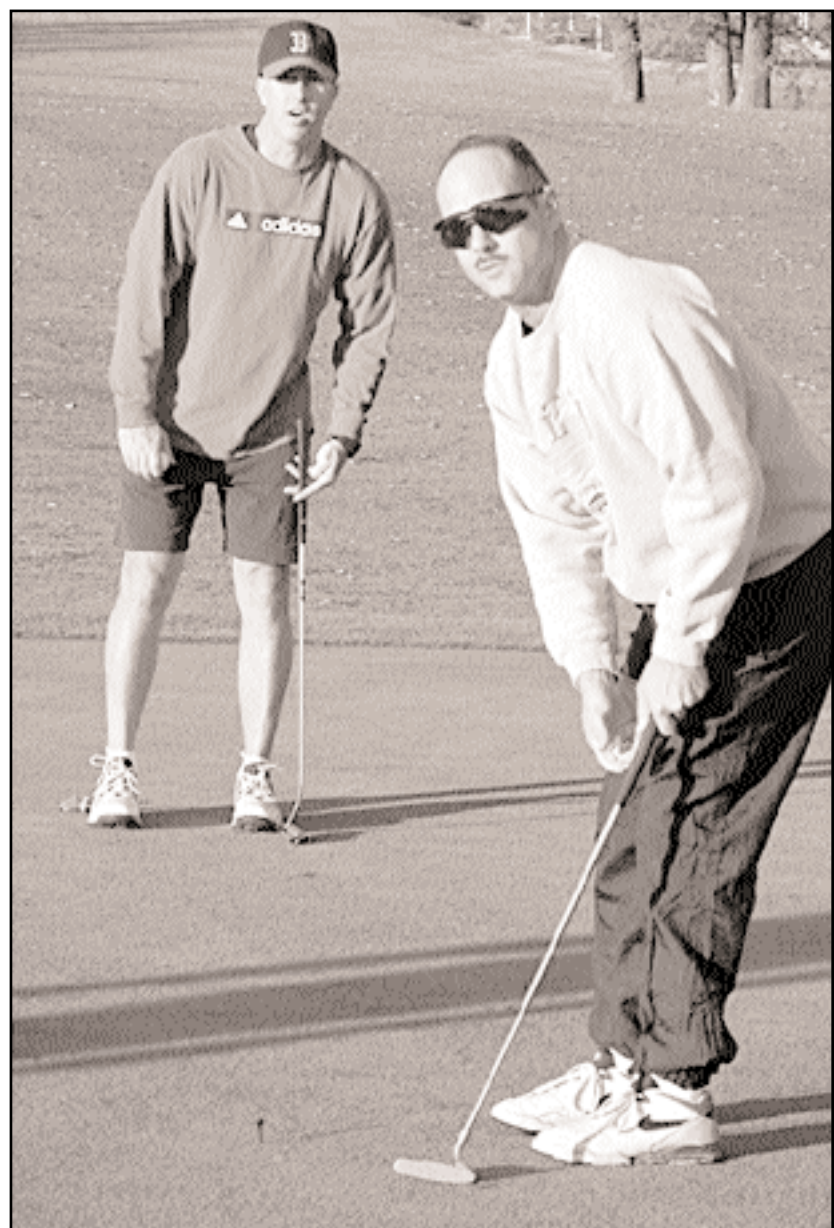
Left: Staff Sgt. Tim Owens, 509th BW, puts food on his plate during a special brunch at the base chapel. Chaplain (Lt. Col.) Ron Underwood, 509th Bomb Wing shared a prayer before the brunch. The meal was provided by members of the Chaplains’ office and 509th BW members.





Photos by Senior Airman Joe Laddan

**Above: Chaplain (Maj.) Shane Gaster, 509th Bomb Wing, speaks to wing members at the base theater during a suicide prevention briefing as Airman 1st Class Shannon Malenky, 509th Medical Support Squadron, looks on. Right: Master Sgt. Bain Walling and Senior Master Sgt. Ken Gold, 509th BW, watch a putt at the Royal Oaks Golf Course.**



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## What's Happening

### Community

#### Learn to quit

Smokers who want to quit can call a certified respiratory therapist from the American Lung Association. For more details or to set up an appointment, call 800-548-8252 Mondays from 7 a.m.-6 p.m. Patients will be required to followup their phone call with weekly followup phone calls. This service is for base members only.

#### ASIST date set

Applied Suicide Intervention Skills Training takes place 7:45 a.m.-4 p.m. Thursday and Nov. 19 at the S-6 conference room. The 509th Bomb Wing Chapel presents this mandated Air Combat Command suicide intervention skills program. Materials include an intervention manual. Breakfast and lunch are provided both days. Reservations are required and seating is limited to 16 participants. For more details or to register, call the chapel at 687-3652.

#### Chapel Thanksgiving service set

There will be a Thanksgiving Eve service 7 p.m. Nov. 24 at the base Chapel. A pie social will follow. For more details, call Airman 1st Class Amy Bowden at 687-3652.

#### Blood drive set

The Whiteman Officer Spouses' Club will sponsor a Kansas City Community Blood Center blood drive 10 a.m.-5 p.m. Thursday- Nov. 19 at the community center. Those who donated blood during the september blood drive meet the required 56-day waiting period and are eligible to donate. For donor eligibility requirement information call 888-647-4040. For more details or to volunteer, call Michelle Hunt at 563-4858.

### Family Support

Call 687-7132 for more details on these events or other family support center activities. Events take place at the FSC.

#### Pre-deployment briefing set

A mandatory pre-deployment briefing for people who are deploying or going on a temporary duty assignment for more than 30 days begins at 1 p.m. Wednesday. Spouses are encouraged to attend. This briefing covers information about preparing for deployment and programs available to family members who are left behind.

#### Pre-separation briefing set

A pre-separation briefing for people separating from the military begins at 9 a.m. Monday. Representatives from the military personnel flight, family support center, reserves and finance will provide information. The MPF separations and retirements office schedules members for this briefing. For more information, call them at 687-1500 or 687-6720.

#### Class helps new parents

Expectant parents can gain information and resources at the Bundles for Babies class at 8 a.m. Tuesday. Participants will receive free Time Life books and layette bundles. Reservations are required.

#### Mentor orientation

Training for people interested in mentoring students in the Knob Noster school district begins at 1 p.m. Thursday. Guidelines, responsibilities and the application process will be discussed. Reservations are required.

#### Class helps with move

A mandatory smooth move seminar for people planning to move stateside or overseas in the near future begins at 1 p.m. Thursday. Facilitators will discuss the financial benefits associated with moving and provide a variety of useful resources. PCS orders are not necessary. Spouses are encouraged to attend. Reservations are required.

#### Parent group meets

A forum to address parental questions and concerns with Dr. Gary Kitto begins at 6 p.m. Thursday. Reservations are required.

## Menus

### Knob Noster Elementary School

**Monday:** Chicken nuggets, mixed vegetables, pineapple and Jell-O  
**Tuesday:** Beef stroganoff, green beans, beets, a brownie and bread  
**Wednesday:** Fried chicken, new potatoes, carrots, an orange and a roll  
**Thursday:** Hamburger, french fries, fruit cocktail and cake  
**Friday:** Ham, baked beans, pears and a cinnamon roll

### Whiteman Elementary School

**Monday:** Hot dog, potato wedges, fruit and cake  
**Tuesday:** Corn dog nugget, french fries, peas and pineapple upside down cake  
**Wednesday:** Chicken nuggets, mashed potatoes and gravy, green beans and yogurt  
**Thursday:** Pork patty, french fries, pork and beans, and cake  
**Friday:** Cheeseburger, salad, corn and a cookie

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Photo by Airman Jason Burton

## Commander visits elementary school

Col. Chris Miller, 509th Bomb Wing commander, reads Dr. Seuss' "If I ran the Zoo" to before- and after- school children Tuesday at the youth center. Colonel Miller and Capt. Danielle Taylor, 509th Services Squadron commander, read books at the school as part of National Young Reader's Day.

## Score!

Stevie Wickham of Lafayette County, Mo., celebrates his score during the Central Area Special Olympics Bowling Championship Nov. 6 at Stars & Strikes. Teams from Benton, Lafayette, Johnson, Pettis counties participated as well as teams from Warsaw (Mo.) middle school and Marshall (Mo.) High School. Maj. James McCreary, 509th Mission Support Group deputy commander, rolled the first ball. More than 200 Special Olympians, coaches and family members attended the event.



Courtesy Photo

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Services page editor.....Jen Hemme  
509th Services Squadron.....687-4386  
\*No federal endorsement of mentioned sponsors intended.

## Sports & Recreation

### Stars & Strikes 687-5114

#### Mixed handicap tournament

Participate in a mixed handicap bowling tournament. Teams consist of two men and two women per team in the tournament beginning at 3 p.m. Saturday at Stars & Strikes. The cost is \$50 per team and prizes will be awarded to 1 in every 4 entries. Call Stars & Strikes for more details.

### Outdoor Recreation 687-5565

#### Turkey give away

Enter to win a Thanksgiving Turkey by renting an item at outdoor recreation. Upon returning the rented item customers names will be entered in a drawing until Thursday. The drawing takes place Nov. 19, just in time for the holiday. Call outdoor recreation for more details.

### Bass Pro Shop/Wonders of Wildlife Museum

Travel to the Bass Pro Shop and the Wonders of Wildlife Museum 8 a.m.-4 p.m. Nov. 20 in Springfield, Mo. The \$5 fee includes transportation; and there is a \$15 entry fee for the Wildlife Museum. Call outdoor recreation for more details and to sign up by Thursday.

#### Overtime rock climbing

Join outdoor recreation in nighttime rock climbing Nov. 5 and Nov. 19. Certified climbers will be able to climb from 5:30-9 p.m. A course for new climbers will be held from 6-8 p.m. Call outdoor recreation for more details and to sign up for this free event.

## Travel & Leisure

### Tickets & Travel 687-5643

#### Falling leaves and falling prices

Autumn is here and there are falling prices at Tickets & Travel. Before you enjoy the beautiful drive to Branson, Mo., stop by Tickets & Travel to save money on Branson's Christmas shows, Silver Dollar City and hotels. Call Tickets & Travel or more information.

## Food & Fun

### Mission's End 687-4422

#### 'National Have a Bad Day' lunch special

Have a bad day, but only pay \$1 for lunch 11 a.m.-1 p.m. Nov. 19 at Mission's End. Enjoy building your own soup, salad and sandwich. Members only; call Mission's End for more details.

#### Karaoke

Enjoy karaoke 8 p.m.-midnight Nov. 19 in the Lavene Lounge at Mission's End.

#### Whiteman's Last Comic Standing

Enjoy being on stage and entertaining your friends? Prove you're a comedian and sign up for Whiteman's live comedian contest 7-8 p.m. Nov. 12 at Mission's End. Only the first 20 people to sign up will be accepted, you get two minutes open mic, and cash prizes are awarded to first-and second-place winners. Sign up at Mission's End to get your 15 minutes of fame .



### Community Center 687-5617

#### Jewelry creations by you

Get a jump on the holiday season with gifts of jewelry you can craft yourself beginning at 1 p.m. Saturday at the community center. The \$1 fee includes supplies, bring a needle-nose plier. Call the community center for more details.

#### CMSU chess challenge

People are invited to challenge Central Missouri State University chess players beginning at 10 a.m. Nov. 20 at the community center. There is a \$5 fee for this event. Prizes will be awarded and light refreshments will be provided. Call the community center for more details.

### Teen Center 687-5819

#### Raising your parents

Teens can take part in group discussions about ideal parent/teen relationships 6-9 p.m. Saturday at the teen center. Earn negotiation, effective communication skills and brainstorm ways to learn more freedom from your parents. Call the teen center for more details about this free event.

#### Dinner and a movie

Teens can travel to Sedalia, Mo., for pizza and a movie at the Galaxy Theater 6 p.m.-midnight Nov. 20. Transportation will be provided; bring money for pizza and movie admission. Call the teen center for more information.

### Youth Center 687-5586

#### Members only night

In honor of our membership card holders, kindergartners through seventh graders are welcome to a night of games, prizes, karaoke, food and fun 6-10 p.m. Saturday at the youth center. There is a \$5 fee for this special event. Call the youth center for more details and sign up now.

#### Thanksgiving feast

Kindergartners through seventh graders are welcome to celebrate Thanksgiving with a feast, games, movies and more 6:30-9:30 p.m. Nov. 19 at the youth center. There is a \$7 fee for members and \$8.50 fee for nonmembers. Call the youth center for more details.

### Child Development Center 687-5588

#### Openings for full-time care

The child development center has care available for children 3 to 5 years old in need of full-time care. The child development center is accredited through the National Academy of Early Childhood Programs.

#### Drop-in care

The child development center has drop-in day care 6:30 a.m.-6 p.m. on a space-available basis. Call for more details.

### Whiteman Base Theater

#### Friday

**First Daughter** 7:00 p.m. PG  
Starring -Katie Holmes & Marc Blucas

#### Saturday

**Ladder 49** 7:00 p.m. PG-13  
Starring - Joaquin Phoenix & John Travolta

#### Sunday

**Raise Your Voice** 5:30 p.m. PG  
Starring - Hilary Duff & Oliver James

Adults \$3.50 Youth \$1.75  
Movie recording line 687-5110.

Movies are subject to change due to availability.  
For current and future movie listings log on to  
<http://www.aafes.com/ems/conus/whiteman.htm>

## Community Activities

### Skills Development Center 687-5691

#### Framing class

Take a beginners framing class 9 a.m.-noon Saturday at the skills development center. The \$40 fee includes supplies. Call the skills development center for more details or stop by to sign up.

#### Stained glass panel class

Take a beginners six-week stained glass panel class 6-9 p.m. Thursdays at the skills development center. There is a \$45 fee plus supplies. Call the skills development center for more details or stop by to sign up.

#### Tire change and balance certification

Winter months are almost here, so get certified and learn how to change and balance car tires 2-5 p.m. Nov. 20 at the auto skills center. Call auto skills for more details; sign up by Nov. 19.

### Library 687-5614

#### CLEP and DANTES exam prep guides

Check out the library's collection of CLEP and DANTES exam preparation guides; the collections include recommended textbooks and videos. Visit their Web site at <http://www.WhitemanAFBlibrary.org> to locate the Air Force Educational Center practice exams or contact the base library for more information.

### Family Child Care 687-5590/1180

#### FCC orientation class

Receive free training to become a family child care provider 8 a.m.-4 p.m., Monday through Friday. Providers with chronic health problems are accepted. Pick up a registration package at the family child care office and sign up by today.

### Veterinary Clinic 687-2667

#### Protect pets from winter's woes

No matter where you live, the winter season may bring hazards that you should be aware of. Warm vehicle engines can attract pets and small wildlife; they may crawl under the hood. To avoid injuring pets and animals, bang on the hood of the vehicle to scare them away before starting the engine. Call or visit the veterinary clinic for other winter tips and information.

### Whiteman Inn 687-1844

#### Lodging holiday policy

During the holiday season, you can make family reservations up to 2-weeks prior to your family's arrival beginning Monday through Jan. 31 at Whiteman Inn. You can reserve a total of three nights at a time, with the option to extend, based on availability. Call Whiteman Inn for further information.

